

EMERGENCY PLAN



CAPE TOWN
SURF SCHOOL



Emergency Plan:

Cape Town Surf School (Pty) Ltd

At Cape Town Surf School, **your safety is our top priority**. Our Head Instructors and supervisors are trained in surf rescue and certified in first aid. We have clear procedures in place to handle any situation that may arise. This document outlines our emergency plan for your information and peace of mind.

Our Safety Commitment

- **Experienced Instructors:** All our managers and supervisors are certified in surf rescue, CPR, and first aid.
- **Constant Supervision:** We maintain a low student-to-instructor ratio to ensure you receive close and continuous supervision. (5-1)
- **Safety Briefings:** Every lesson begins with a comprehensive safety briefing covering water conditions, ocean awareness, and safe surfboard handling.
- **Quality Equipment:** We use high-quality, soft-top surfboards and durable leashes for your safety.

What to Expect in an Emergency

Our instructors are prepared to act quickly and calmly in any situation.

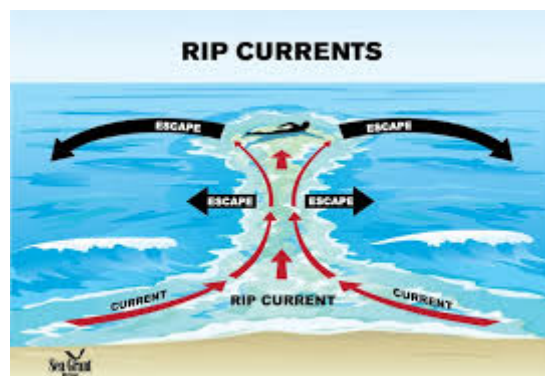
Minor Incident (e.g., a small cut, scrape, or a jellyfish sting)

- Your instructor will immediately guide you to a safe spot or to shore.
- They will assess the situation and provide appropriate first aid from our well-stocked kit.
- If necessary, we will contact your emergency contact to inform them of the incident and the care provided.

Major Incident (e.g., a serious injury or someone needing rescue)

- Your instructor will immediately signal for assistance from another instructor or staff member.
- They will safely and quickly get the injured person to shore while another instructor manages the rest of the group.
- One of our staff members will immediately contact local emergency services.
- We will provide first aid and comfort until professional medical help arrives.

Rip Currents



What to expect from our instructors in the event of rip currents.

- Our instructors will come and get you out the rip current using the surfboards
- Instructors will call the life guards if the rip has taken you too far out
- Lessons will be conducted away from the rip currents
- Lessons will always be done within view of the life guard building.

Your Role in an Emergency

By following your instructor's guidance, you play a key role in ensuring your own safety and the safety of the group.

- **Stay Calm:** In any situation, listen carefully to your instructor's instructions.
- **Follow Directions:** Do exactly what your instructor tells you to do. They will guide you to safety.
- **Signal for Help:** If you are in trouble, raise your hand high and wave, or call out for your instructor.
- **Look Out for Others:** If you see someone in trouble, immediately alert your instructor.

Emergency Contact Information

In the event of an emergency, our staff will contact the following services:

- **Cape Town Surf School Emergency Line:** 081 858 0973
- **Police:** 10111
- **Universal emergency (police, ambulance, fire) :** 112
- **SAPS (Melkbosstrand):** 021 553 8224
- **SAPS (Table View):** 021 521 3300
- **Ambulance:** 10177
- **ER 24 :** 084 124
- **Sea Rescue (NSRI):** 087 094 9774
- **Star Alarms :** 021 55 66 911
- **Big Bay Life Saving Club :** 087 470 1363 (duty tower only emergencies)
- **Connor Rautenbach :** 0844640671
- **Darren Willars :** 0824650861
- **NSRI :** 0829905958 (emergency sea rescue)

Please do not hesitate to ask your instructor if you have any questions about our safety procedures. **We are committed to providing you with a safe and enjoyable surf experience.**